

***Pride in Parenting***  
***Parenting Daily Hassles Scale***

Subject ID

Number: **AFFIX LABEL HERE**Today's Date: \_\_\_\_\_  
month    day    year

The statements below describe lots of things that occur in families with young children. These events sometimes make life difficult. Please listen to each statement, and tell me how often it happens to you (never, rarely, sometimes, a lot, or constantly), and then tell me on a scale of 1 to 5 how much of a "hassle" you feel that has been for you **FOR THE PAST MONTH**. If you have more than one child these things can include any or all of your children in your home with you. "Kids" also refers to your "baby".

**G Check here if no children in household for the past month.**

0) never	3) a lot
1) rarely	4) constantly
2) sometimes	

NO HASSLE	BIG HASSLE
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- |  |                   |                   |
|--|-------------------|-------------------|
| 1.    Cleaning up messes of toys or food.  | 0   1   2   3   4 | 1   2   3   4   5 |
| 2.    Being nagged, whined at, fussy.  | 0   1   2   3   4 | 1   2   3   4   5 |
| 3.    Mealtime difficulties (messy eaters, complaining, etc.)  | 0   1   2   3   4 | 1   2   3   4   5 |
| 4.    The kids don't listen--won't do what they are told to do.  | 0   1   2   3   4 | 1   2   3   4   5 |
| 5.    Babysitters are difficult to find.   | 0   1   2   3   4 | 1   2   3   4   5 |
| 6.    The kid's schedules (e.g. preschool, school, naps, other activities) interfere with meeting your own or household needs. | 0   1   2   3   4 | 1   2   3   4   5 |

- |     |   |           |           |
|-----|---|-----------|-----------|
| 7.  | Children fighting which requires a "referee."                                       | 0 1 2 3 4 | 1 2 3 4 5 |
| 8.  | The kids demand that you entertain or play with them.                               | 0 1 2 3 4 | 1 2 3 4 5 |
| 9.  | The kids resist or struggle over bedtime with you.                                  | 0 1 2 3 4 | 1 2 3 4 5 |
| 10. | The kids are in the way, interfering with other chores.                             | 0 1 2 3 4 | 1 2 3 4 5 |
| 11. | The need to keep an eye on where the kids are and what they're doing.               | 0 1 2 3 4 | 1 2 3 4 5 |
| 12. | The kids interrupt adult conversations or interactions.                             | 0 1 2 3 4 | 1 2 3 4 5 |
| 13. | Having to change your plans because of an unexpected child need.                    | 0 1 2 3 4 | 1 2 3 4 5 |
| 14. | The kids get dirty several times a day requiring changes of clothes.                | 0 1 2 3 4 | 1 2 3 4 5 |
| 15. | Difficulties getting privacy (e.g., like in the bathroom).                          | 0 1 2 3 4 | 1 2 3 4 5 |
| 16. | The kids are hard to manage in public (grocery store, shopping center, restaurant). | 0 1 2 3 4 | 1 2 3 4 5 |
| 17. | Difficulties in getting kids ready to go out and leaving on time.                   | 0 1 2 3 4 | 1 2 3 4 5 |
| 18. | Difficulties in leaving kids to go out at night or at school or daycare.            | 0 1 2 3 4 | 1 2 3 4 5 |
| 19. | The kids have difficulties with friends (e.g., fighting, trouble getting            | 0 1 2 3 4 | 1 2 3 4 5 |

- along, or no friends available).
- |  | 0 | 1 | 2 | 3 | 4 |  | 1 | 2 | 3 | 4 | 5 |
|--|---|---|---|---|---|--|---|---|---|---|---|
| 20. Having to run extra errands to meet the kid's needs. |   |   |   |   |   |  |   |   |   |   |   |

TOTALS

Frequency Scale\_\_\_\_\_

Intensity Scale\_\_\_\_\_

Challenging Behavior Factor: \_\_\_\_\_

Parenting Tasks Factors: \_\_\_\_\_

Family Resource Specialist: \_\_\_\_\_ (please initial)

Signature of Project Coordinator: \_\_\_\_\_

Date: \_\_\_\_\_